



September 6, 2007

Greetings CSAers,

I knew it was September when I drove to the farm last Saturday in the early morning fog. On the farm September means the possibility of a cold night putting an abrupt end to cucumbers, peppers, and summer squash. Cross your fingers! With school starting, September also means I lose farm crew members and office help. If anyone has time and office skills to share, I'm desperate right now!

A Home for Left Foot?

A very exciting development this week, and a challenge...the Rutledge farm (the corn maze folks) was placed on the market, 22 acres and a house and barn for about \$750,000. This farm is very close to our current location, has excellent soils and irrigation. We rent where we are now, and a permanent home is critical to our sustainability in the long term. The acreage is plenty for us and for Kirsop Farm, our friends who are also farming rented land and are under pressure from developers. An arrangement to share the property would be ideal for both of us and something we've been looking for the past five years.



How could we pull off an acquisition like this? I don't know, but I'm telling you all about it in hopes that you can help us to brainstorm some ideas and identify potential sources of funding. I will be meeting with the local community farmland trust (of which I am past president and current board member) next week to discuss funding possibilities and next steps. There are some public funds available to preserve farmland for working farms, with obligations to match any monies granted. Most likely we would need to find donors and friends willing to lend a significant portion for the short term, until a grant and matching fund package could be pulled together.

If you have any interest in helping in this effort or know people who could help, please get in touch with me soon!

What's in Your Box

Corn! Seneca Horizon

Collards

Lettuce -- Green Romaine, Red Romaine, or Buttercrunch (Bibb)

Carrots -- Cosmic Purple

Cilantro

Garlic

Summer Squash -- yellow crookneck, patty pan, yellow zucchini and tromboncino (Italian zucchini)

Peppers -- green bell, long thin cayenne

Cucumbers





September 6, 2007

Chard

Beans - green, dragon tongue

Potatoes -- Rose Finn Apple, fingerling variety

Beth's Farm News: What's Growing On

We're entering the abundant harvest season! Plants reach their peak at this time of year as the days get shorter and we approach the fall equinox. The downpour of rain we had this week soaked the soil, washed off some of the aphids, and sprouted lots of weeds.

I'm happy to give you the first picking of our corn, an early variety called Seneca Horizon. I scratched my head in confusion when I returned from Brazil to see the corn still wasn't ready. According to my calendar, it should have been. But the cool weeks in August while I was gone slowed growth and delayed ripening. Now the tender, sweet yellow kernels are ready, and we are competing with the blackbirds to eat it!



You will notice purple-skinned carrots in your box. This variety, called Cosmic Purple, tastes great fresh as well as cooked. A fun part of CSA is trying varieties of vegetables you don't ordinarily see in a store. Please let us know how you like them.

The knobby-looking tubers are a fingerling variety of potato called Rose Finn Apple that we think is outstanding. They have a thin skin and yellow flesh that is creamy and sweet. They are great roasted, boiled, mashed, or fried.

While you savor the last bits of summer with beans and squash, the collards remind us that cooler days await. These leaves are young and tender; I munch on them raw right now, or they can be steamed or stir-fried (see the recipes below for another idea). They are an excellent source of calcium, but hopefully the taste alone will convince you to eat them.



I hope you enjoy the abundance of color and flavor September brings.



September 6, 2007

Recipes

Roasted Vegetable Pasta

8 oz. Rigatoni, Mostaccioli, or other medium pasta shape, uncooked
1 cup beans--green, yellow or other color!
1 onion, chopped
1 each zucchini and patty pan squash, sliced
 $\frac{1}{2}$ cup mushrooms
(add other vegetables as desired, e.g. collards)
Salt and pepper to taste
1 tsp. Italian seasoning
2 tbsp. olive oil
2 tsp. balsamic vinegar
2 tbsp. grated Parmesan cheese
1/4 cup chicken broth

Preheat oven to 500 degrees F. Prepare pasta according to package directions. While pasta is cooking, cut vegetables and place in a shallow baking pan, arranged in a single layer. Season with salt, pepper and Italian seasoning, and brush lightly with oil. Roast for about 10 minutes or until vegetables caramelize and brown, leaving any juice in the baking sheet. Drain and set juices aside. Chop vegetables into 1-inch pieces.

When pasta is done, drain well. Toss cooked pasta with vegetable juice, vegetables, vinegar, chicken broth and Parmesan cheese. Serve immediately.

Rice and Collards

Chop collards—central rib removed—and cook with rice in chicken broth. I use one bunch of collards with 2 cups rice and about 4 cups chicken broth.